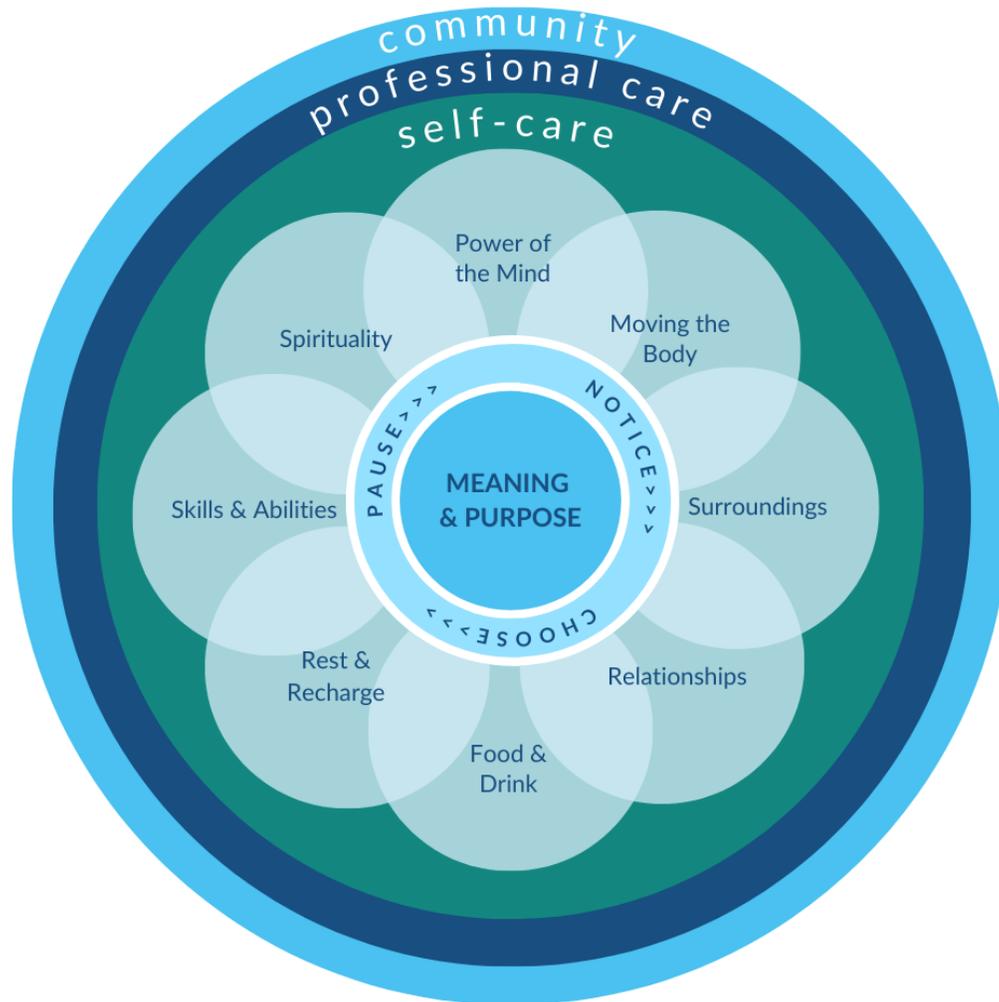


WHOLE HEALTH REFLECTION TOOL



Use this circle to help you think about your Whole Health.

- All areas are important and connected.
- The body and mind have strong healing abilities.
- Improving one area can help other areas.
- The inner ring represents your meaning and/or purpose.
- Pause, Notice, Choose (PNC) is a way to help you make conscious choices every day.
- Your self-care and everyday choices make up the green circle.
- The next ring represents professionals who support you in your physical, mental, emotional, and spiritual well-being
- The outer ring includes the people and groups who make up your community.



Rate where you feel you are on the scales below from 1-5, with 1 being miserable and 5 being great.

Physical Well-Being

<input type="radio"/>				
1	2	3	4	5
Miserable				Great

Mental/Emotional Well-Being

<input type="radio"/>				
1	2	3	4	5
Miserable				Great

Spiritual Well-Being

<input type="radio"/>				
1	2	3	4	5
Miserable				Great

Life: How is it to live your day-to-day life?

<input type="radio"/>				
1	2	3	4	5
Miserable				Great

Reflect on your meaning and/or purpose in life. What do you live for? What matters most to you? Write a few words to capture your thoughts:

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Where are you and where would you like to be?

Pause and notice your relationship with each of the areas of self-care below. For each area, consider “Where you are” and “Where you want to be”. Write in a number between 1 (low) and 5 (high) that best represents where you are and where you want to be. You do not need to be a “5” in any of the areas now, nor even wish to be a “5” in the future.

Area of Self-Care	Where I am Now (1-5)	Where I Want to Be (1-5)
<p>Power of the Mind: Our thoughts are powerful and can affect our physical, mental, and emotional health. Changing our mindset can aid in healing and coping. Techniques such as paced breathing, PNC, guided imagery, yoga, or gratitude can buffer the impact of stress and other emotions.</p>		
<p>Moving the Body: Our physical, mental, and emotional health are impacted by the amount and kind of movement we do. Moving the body can take many forms such as dancing, walking, gardening, stretching, and exercise.</p>		
<p>Surroundings: Our surroundings, both at work and where we live, indoors and out, can affect our health and outlook on life. Changes within our control such as organizing, decluttering, adding a plant or artwork can improve mood and health.</p>		
<p>Relationships: Our relationships, including those with pets, have as significant an effect on our physical and emotional health as any other factor associated with well-being. Spending more time in relationships that ‘fuel’ us and less in relationships that ‘drain’ us can have a big impact on well-being.</p>		
<p>Food & Drink: What we eat and drink can have a huge effect on how we experience life, both physically and mentally. Energy, mood, weight, how long we live, and overall health are all influenced by what and how we choose to eat and drink.</p>		
<p>Rest & Recharge: Our bodies and minds must rest and recharge to optimize our health. Getting a good night’s sleep as well as restoring our mental and physical energy throughout the day are vital to well-being. Taking short breaks or doing something you enjoy or feels good for moments throughout the day are examples of ways to refresh.</p>		
<p>Skills & Abilities: Our health is impacted by how we choose to spend our time. Aligning our work and personal activities with what really matters to us, or what brings us joy, can have a big effect on our health and outlook on life.</p>		
<p>Spirituality: Connecting with something greater than ourselves may provide a sense of purpose, peace, or comfort. Connecting and aligning spiritually is very individual and may take the form of religious affiliation, connection to nature, or engaging in things like music or art.</p>		

Professional Care: What health professionals currently support you? When thinking about the areas of self-care that you found important, would you add others to your team (e.g., clinicians, coaches, instructors, spiritual leaders, etc.)?

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Community: You are part of many communities (e.g., your neighborhood and/or workplace, spiritual, social, or special interest groups, etc.). When you reflect on these communities, what do you need or want from them? How do they impact your well-being? How do you give back to them?

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REFLECTIONS...

Now that you have paused and noticed the various areas that impact your well-being, which area might you choose to make a change? Think about a change that you're likely to be successful in making given your current time and energy.

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How would this change support your meaning and/or purpose, or what really matters to you?

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What is one action you can take today to get started?

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After engaging in this experience, talk to a friend, a family member, your health coach, a peer, or someone on your healthcare team about areas you would like to explore further. Using this tool every month or so is a great way to help you notice what has changed and to keep making the choices that work best for you.

